



Tall Kneeling D1 Extension

Purpose:

Improves dynamic stability of the pelvis and lower extremity.

Benefit:

Better dynamic stability improves your ability to rotate on stable postures throughout the golf swing.

Instructions:

Start with the point of attachment in a high position. Secure one handle and hold other handle in hand opposite the side the tubing is on. Put both knees down and keep knees shoulder width apart. Pull tubing from the opposite shoulder to the same-sided hip and slowly return to start position. Maintain a long and tall spine while minimal movement during the exercise. The tubing should be in line with the arm pulling. One of three hand grips may be used. For more resistance, slide further away from the point of attachment. Before starting your exercise, please make sure the point of attachment for the tubing is secure.

Quantity:

_____ side _____ sets _____ reps _____ x/day

